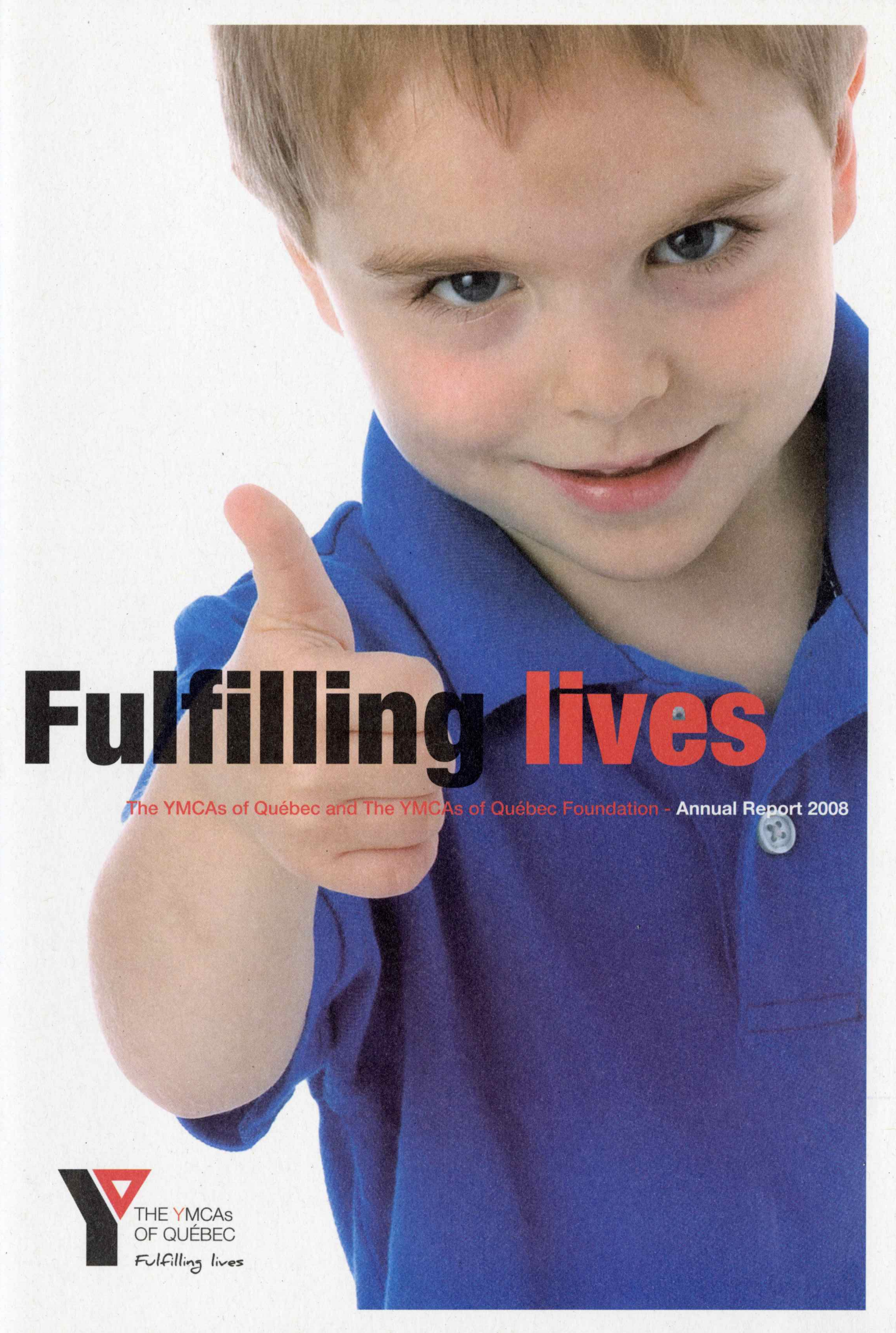


Fulfilling lives

The YMCAs of Québec and The YMCAs of Québec Foundation - Annual Report 2008

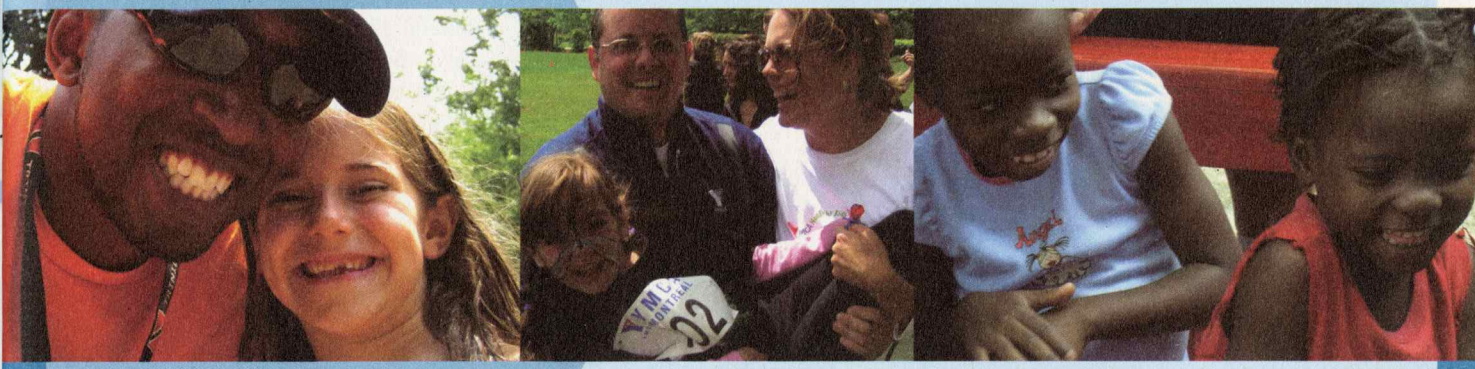
THE YMCAs
OF QUÉBEC
Fulfilling lives

Mission

The YMCAs of Québec is a charitable organization that contributes to the development of spirit, mind, and body, and to the well-being of individuals, families, and communities.

Values

- Participation and access
- Education and prevention
- Respect for others
- Volunteer work and philanthropy
- Self-empowerment



"The Y helps build fulfilling lives."

The principle of philanthropy is simple: when someone gives, someone else receives. In between, there is an invisible thread that connects a troubled student to a youth worker, a mother to her child, an immigrant to a resource person, a senior to a trainer, and so on. The Y brings together countless people, stimulates communication, opens hearts, and inspires ideas and projects.

There are strong forces at work at the Y, and actions being taken that change lives forever.

Message from The YMCAs of Québec

What a year for The YMCAs of Québec! Looking back, 2008 was a year marked by a strategic renewal during which we adopted a five-year plan and took many significant actions.

First, the YMCA of Greater Montreal changed its name to The YMCAs of Québec, thus communicating its desire to develop closer ties with different communities throughout Québec.

To highlight the fact that the Y is first and foremost a philanthropic organization, the Y changed not only its name, but also its slogan and logo. The slogan, "Fulfilling lives", serves as a reminder that we are a philanthropic organization enriching and impacting many lives. Our positioning campaign, "Do good for yourself. Do good for others," conveys this same notion. Visit our new website at **www.ymcaquebec.org** and see for yourself.

The charitable activities of the Y have garnered interest and raised curiosity throughout Québec. Future plans for the Y include increasing partnership opportunities in three key areas: education, health and community care, as well as the private sector. To be noted among the actions taken in 2008 was the partnership with Quebec City that led to the establishment of a YMCA day camp in the capital city. Also, in collaboration with Ubisoft, for the first time ever a YMCA daycare was implemented outside one of our centres.

Finally, we look forward to extending our action into Cartierville. By breaking ground last November, we made official the unique partnership with the City of Montréal and the borough of Ahuntsic-Carterville, as well as the construction of a new Y centre to be opened in 2010.

The success of our language school cannot be denied. In 2008, attendance reached new heights. Also, we made international gains thanks to a partnership with the Guatemala YMCA. There are many great projects on the horizon!

The Y centres are firmly rooted in their communities and are admired for their commitment to humanitarian and social causes that promote the strengthening of communities.

During uncertain economic times, this vision is more relevant than ever. The Y is, and will continue to be, a place for those in need, whether they be residents of Montréal or elsewhere.

The YMCAs of Québec is strong and healthy. More and more people are interested in the Y and participate in its governance; yet another indicator of our success.

Caroline Sauriol,
Chair of the Board of Directors

Stéphane Vaillancourt,
President and Chief Executive Officer

Message from the Foundation

In 2008, The YMCAs of Québec Foundation once again improved the quality of life of thousands of individuals.

Whether it be for a program such as Homework Help, the hiring of an animator for the children of refugees, or for social inclusion projects for seniors, more than $185,000 from the Endowment Fund was distributed to various community initiatives geared towards children, teens, seniors, or any other people in need.

Our impact varied from the implementation of a family care program to the teaching of leadership skills and cooking to groups in the Youth Zone. Another of the Foundation's initiatives saw Camp YMCA Kanawana welcome 171 young campers from disadvantaged backgrounds, campers who might not otherwise have had the opportunity to make use of its facilities. This number represented 23% of all campers, a new record.

In order to meet our goal of strengthening ties with the business community, the Y has established *Ambassador-Breakfasts*. These informal meetings, held over breakfast between the members of the board and business leaders, have allowed all participants to become better acquainted with The YMCAs of Québec, its operations and activities, and to establish strong relationships.

Throughout the year, our valued committees composed of the members of the Board of Directors, external members, and volunteers, have supported our fundraising efforts. On this subject, the Foundation learned a great deal at the NAYDO conference in Montréal, where more than 1,100 professionals from YMCAs across North America and elsewhere gathered, all with an interest in philanthropy. Everyone had the unique opportunity to share their visions and strategies.

Internally, we once again highlighted our philanthropic nature, which is at the heart of our positioning. We also made changes to our mission statement, which now reads as follows: "The YMCAs of Québec Foundation supports The YMCAs of Québec association and ensures its sustainability by promoting the impact of its community action, by collecting funds to support it, and by administering these funds responsibly."

Many thanks to all our donors, partners, staff, and volunteers. We are united in this important cause. Your commitment and passion inspire us.

Against the backdrop of an economic recession, the needs of communities will undoubtedly be greater in 2009. We will have to rely on a stricter management of our resources and an increased collaboration on the part of all. Let's keep our confidence high and continue supporting our Y; its mission and values are more relevant than ever.

Michael Goldbloom
Chair of the Board of Directors

Michael Novak
President

"The Y helps build *fulfilling lives*.
The lives of thousands of children
for whom the Y is a symbol of hope."

{ The colours of life }

Philip likes the colour blue. The five-year-old boy stares intently at the small, multi-coloured figurine frogs made out of soft rubber and picks out the blue ones from the lot before carefully placing them along the edge of the table. Connie, his educator, engages him in conversation as they joke around together. Then, Philip runs off to play as Marie-Hélène Navarra, his proud mother, happily looks on. Visibly, this child is full of life. He is beaming.

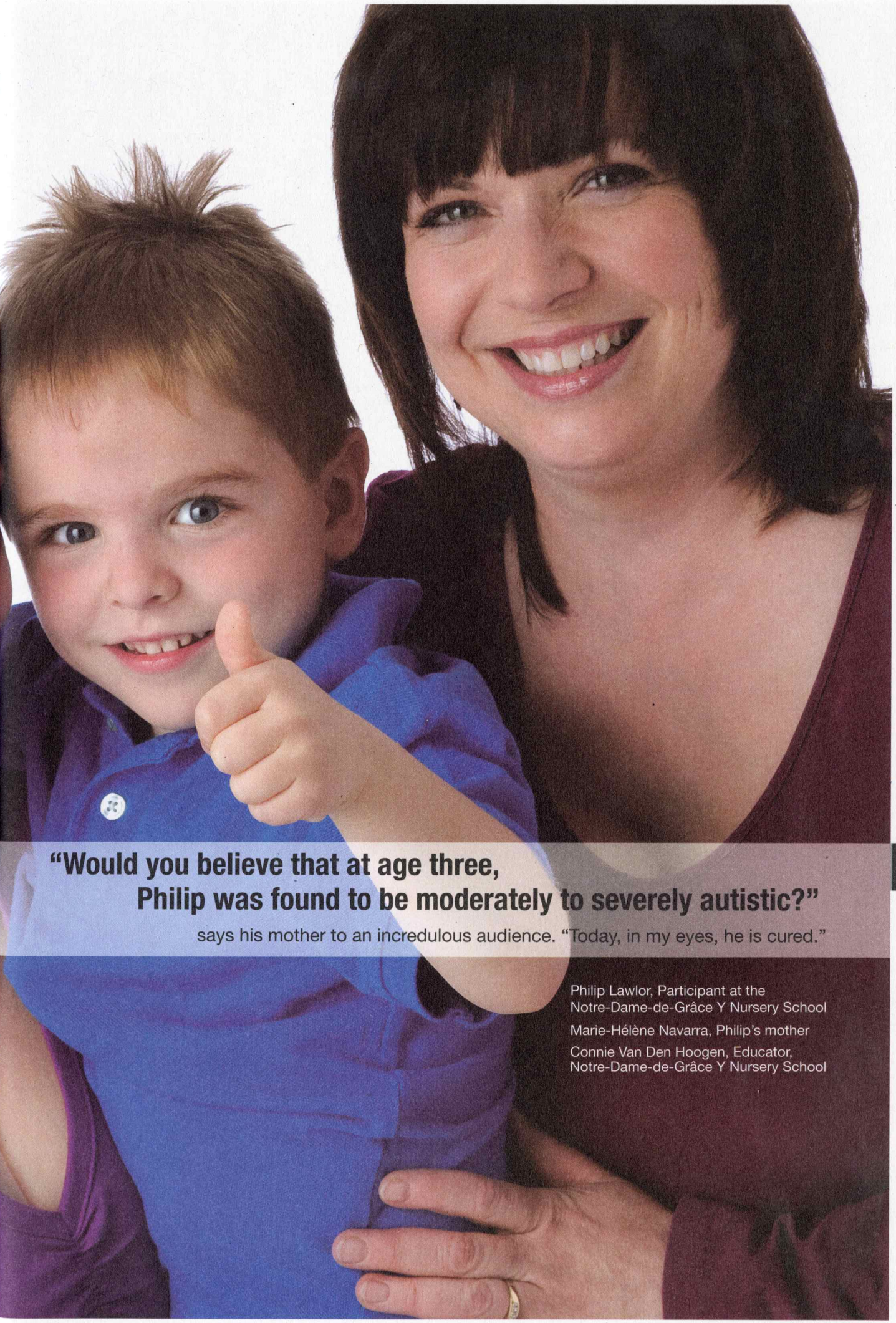
"Would you believe that at age three, Philip was found to be moderately to severely autistic?" says his mother to an incredulous audience. "Today, in my eyes, he is cured."

Few children can overcome such an intellectual disability. One year ago, Philip's vocabulary consisted of only three words. Today, he can communicate like any other child his age or thereabouts. Still, Marie-Hélène Navarra is reluctant to call this a miracle. She believes that his resounding success is owed to hours of therapy, faith, an unshakable determination, as well as a strong support network which includes the Notre-Dame-de-Grâce Y centre.

When he first came to the Y, Philip had a volatile and explosive temperament. Welcomed into a regular group, he gradually learned to listen more attentively, to communicate, and to not let his emotions get the better of him. Connie believes that part of his rehabilitation is owed to his social integration. Being treated like everyone else also played a role in his re-education, as did the daily collaborative work between his parents and the entire Y family.

"Today, Philip has many friends, he continues to develop, and he is happy. All the worry that was eating away at me is now gone. The Y plays a large role in my child's life."

"Today, Philip has many friends, he continues to develop, and he is happy. All the worry that was eating away at me is now gone. The Y plays a large role in my child's life."



"Would you believe that at age three, Philip was found to be moderately to severely autistic?"

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Philip Lawlor, Participant at the Notre-Dame-de-Grâce Y Nursery School

Marie-Hélène Navarra, Philip's mother

Connie Van Den Hoogen, Educator, Notre-Dame-de-Grâce Y Nursery School

"The Y helps build fulfilling lives.
Lives exposed to the endless possibilities
of creating a better world."

{ From Westmount to Managua }

Pablo St-André-Karass was just a child when he first stepped into the Westmount Y centre. Back then, he was in daycare. Now, some ten years later, he has just returned from an incredible trip to Nicaragua as part of the Y International Exchange Program, an experience that has had a profound effect on him.

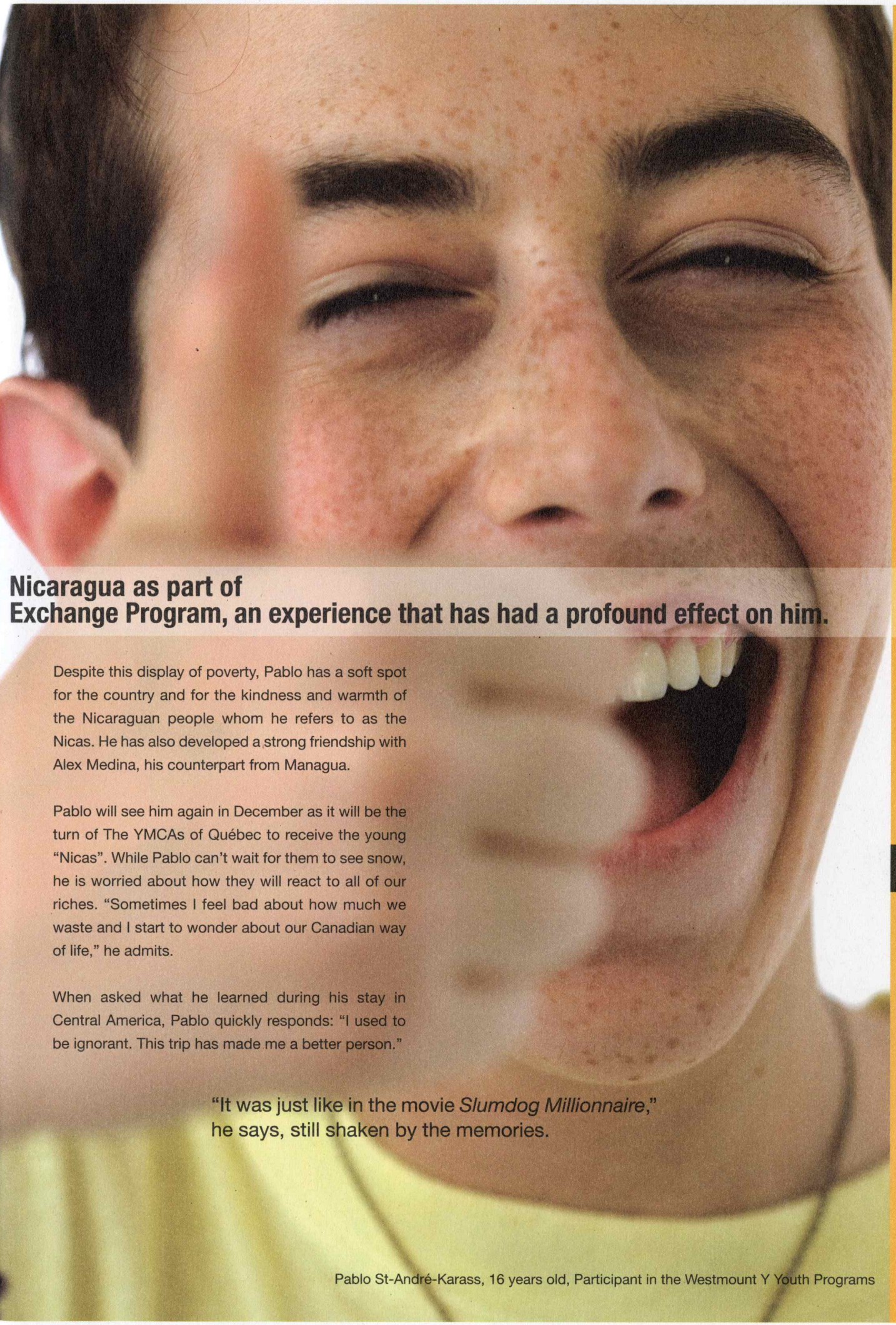
Now, some ten years later, he has just returned from an incredible trip to the Y International

"Since my return, I see things differently," says the grade 10 student from St. George's High School.

Pablo and seven other boys and girls between 15 and 17 years of age were chosen by the Westmount and Hochelaga-Maisonneuve Y centres to participate in a two-week stay in Managua, the capital, and in the rural communities of Boaca and Santa Lucia. The goal of this trip was to meet their peers from the YMCA of Nicaragua and to discuss common concerns such as water consumption, recycling, poverty, and the rights of children. The delegation stayed with host families.

During his stay, Pablo participated in workshops, visited museums, and climbed mountains. However, it was while visiting the city that he experienced his first cultural shock. "It was just like in the movie *Slumdog Millionnaire,*" he says, still shaken by the memories. "I saw people living in homes made of garbage bags, or strewn together with pieces of sheet metal". Pablo also remembers the pollution, the endless garbage dumps, and the half-clothed children wandering about the trash looking for some supposed treasure.

"Sometimes I feel bad about how much we waste and I start to wonder about our Canadian way of life."



Nicaragua as part of Exchange Program, an experience that has had a profound effect on him.

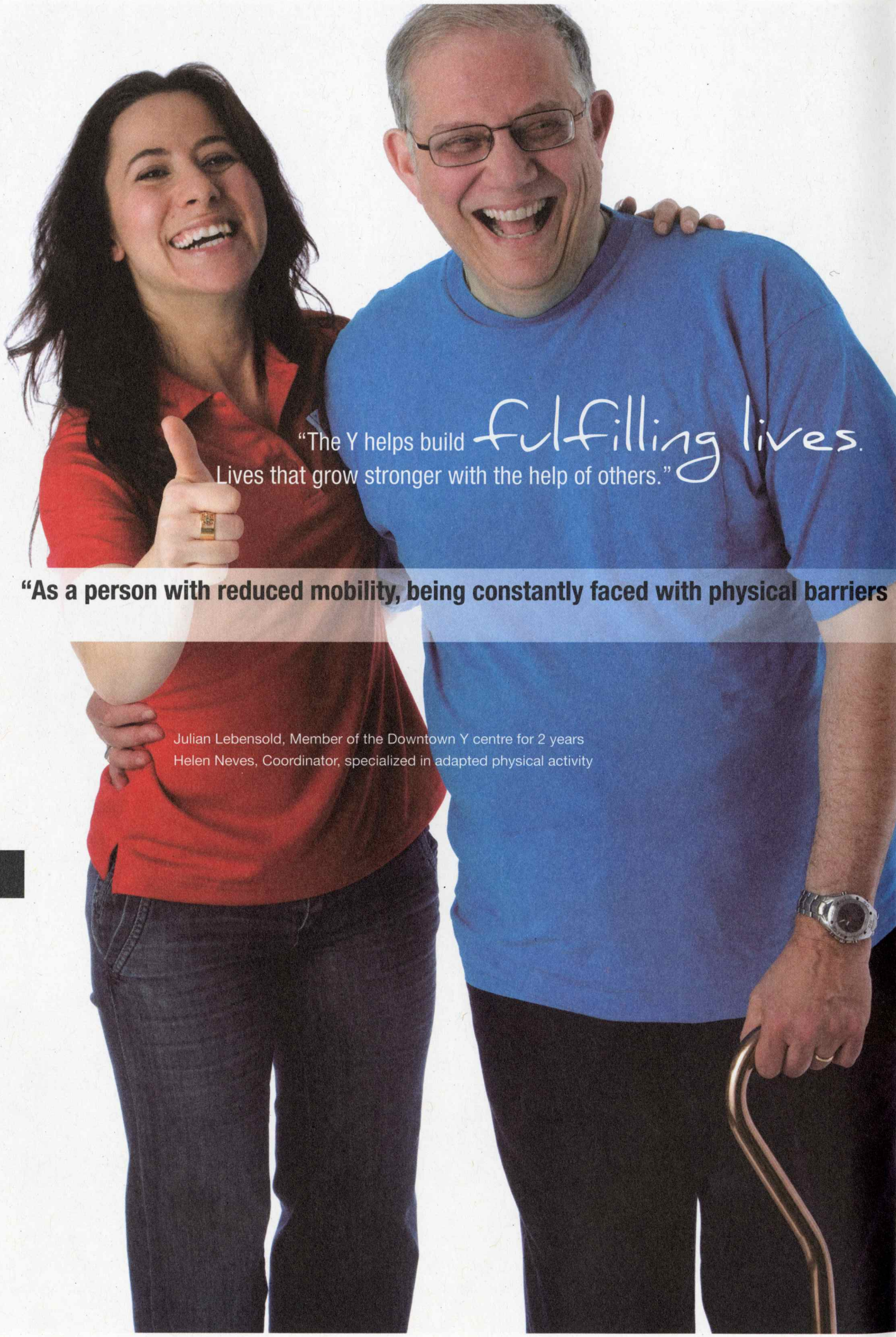
Despite this display of poverty, Pablo has a soft spot for the country and for the kindness and warmth of the Nicaraguan people whom he refers to as the Nicas. He has also developed a strong friendship with Alex Medina, his counterpart from Managua.

Pablo will see him again in December as it will be the turn of The YMCAs of Québec to receive the young "Nicas". While Pablo can't wait for them to see snow, he is worried about how they will react to all of our riches. "Sometimes I feel bad about how much we waste and I start to wonder about our Canadian way of life," he admits.

When asked what he learned during his stay in Central America, Pablo quickly responds: "I used to be ignorant. This trip has made me a better person."

"It was just like in the movie *Slumdog Millionnaire*," he says, still shaken by the memories.

Pablo St-André-Karass, 16 years old, Participant in the Westmount Y Youth Programs


"The Y helps build fulfilling lives.
Lives that grow stronger with the help of others."
"As a person with reduced mobility, being constantly faced with physical barriers
Julian Lebensold, Member of the Downtown Y centre for 2 years
Helen Neves, Coordinator, specialized in adapted physical activity

{ Giant steps }

Julian Lebensold was never supposed to walk again. One day in April, 2006, this computer science professor from Vanier College found himself unable to move any of his limbs. The neurologist's verdict was devastating: quadriplegia caused by a spinal cord lesion. This was a huge shock to Julian and his loved ones.

Four months later, Julian felt a flicker of life in the tips of his toes. This highly improbable occurrence became his lifeline. His rehabilitation could begin in earnest.

"I had been in a wheelchair for two years, and my rehabilitation at the Centre Lucie-Bruneau was coming to an end. I was looking for places to continue my training with a pool suited to my physical condition," states Mr. Lebensold. He and his physical therapist found that the Downtown Y centre's facilities met his rehabilitation needs. "As a person with reduced mobility, being constantly faced with physical barriers completely changed my view of the world. I was glad to see that, at the Y, many of these barriers do not exist," he says.

completely changed my view of the world. I was glad to see that, at the Y, many of these barriers do not exist."

The Y introduced the professor to Helen Neves, Coordinator, Group Fitness Programs, who supervises the Adapted Fitness Program at the Downtown YMCA. "Julian wanted to learn to walk again, but he could only stand up with assistance. He needed tailor-made exercises," explains the Concordia graduate. Under her supervision and with her guidance, the sexagenarian began working out three days a week. "Helen always gives the impression of knowing exactly where she's headed. Because she's attentive, she knows when to stop and when to push me harder," says Mr. Lebensold.

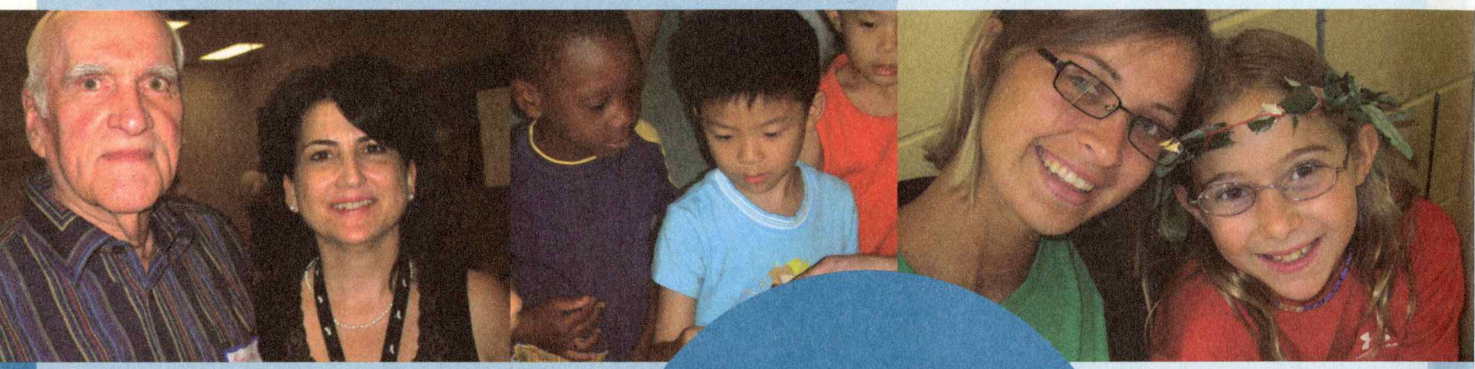
After countless training sessions in the TechnoGym doing balance exercises and core strengthening, practicing walking on one of the Y's simple accessibility ramps, as well as participating in Aquafit classes in the pool, Julian progressed - all under the watchful eye of Helen and Vittia, a young volunteer at the Y. Within a few months, he was able to swap his wheelchair for a walker, and then the walker for canes.

Julian was tenacious and never lost sight of his objectives. His next wish was to dance with his daughter at her December wedding. Once again, his wish came true. Incredibly, he can now walk with little or no assistance whatsoever. His next goal is to improve the distance he can walk before he needs a rest.

"Family, friends, health professionals, the Downtown Y centre and its staff: I owe my rehabilitation to an exceptional support network and, I believe, to a lot of determination," states Julian modestly, his eyes filled with joy.

"Family, friends, health professionals, the Downtown Y centre and its staff: I owe my rehabilitation to an exceptional support network and, I believe, to a lot of determination," states Julian modestly, his eyes filled with joy.

2008 HIGHLIGHTS



OUR SECTORS OF ACTIVITY:

Community Initiatives
Children and Youth
Health, Fitness and Recreation
Education and Training
International Initiatives
Donations and Volunteering

www.ymcaquebec.org

A new look for the YMCA

The times have changed and the YMCA needed a new look to better reflect its personality. The organization changed its name and logo, adopted a vibrant signature, and created new sub-brands to designate its fields of activity. The Y's website was also completely redesigned.

As a result, the *YMCA of Greater Montreal* changed its name to *The YMCAs of Québec* to meet the needs of the organization's new development objectives. *The YMCAs of Québec* wishes to extend its action into communities throughout Québec and become the reference for well-being across the province.

With a new visual identity, the Y also highlights its social and humanitarian mission. The "Y", a distinctive YMCA symbol for many years, was kept. The new signature, *Fulfilling lives*, is dynamic and uplifting. It reminds us all that, first and foremost, The YMCAs are here to serve the community.

Strategic Vision 2009-2013 – Reaching out. Giving more.

To remain relevant and ensure its sustainability, the YMCA completed a strategic planning process (2009-2014). This process required many internal and external consultations, as well as bidirectional communication with employees and volunteers.

Cartierville Y centre: opening soon!

In December, the Y's management team and some friends of the Y helped break ground at the future site of the Cartierville Y centre. This fitness and community centre will offer a range of activities and services in order to meet the needs of the neighbourhood. The construction of this centre, the first new YMCA to be built in the last 20 years, was made possible by an exemplary partnership between the Government of Québec, the City of Montréal, the borough of Ahuntsic-Cartierville, and the YMCA.

This $19.8 million project will be located on the corner of Laurentien Boulevard and de Louisbourg Street. The centre is expected to open in March 2010.

2008 Peace Medal Awards Ceremony

Five worthy individuals and three groups from Greater Montreal were awarded 2008 Peace Medals before more than 300 people. The individuals were as follows: Mrs. Marguerite Bilodeau, for her commitment as a nurse, artist, and activist; Mrs. Anne Farrell, for her work both here and abroad as an advocate for non-violence; Mr. Andy Rosenhek, for his philanthropic work overseas, and Mrs. Sharon Steinberg, for her role in the area of violence prevention. Musician Dan Bigras also received an honourary Peace Medal to highlight his tireless work with street kids, particularly with *Refuge des jeunes*.

The groups awarded the Peace Medals were Artists for Peace, a peace organization from Québec; the *Service d'aide et de liaison La Maisonnée*, an organization helping with the integration of immigrants, and YAYA (Young Actors for Young Audiences), a socially-conscious theatre group.

Thanks to our sponsors: The Alex and Ruth Dworkin Tolerance Fund, Centaure Cabinet de Services Financiers Inc., Konige Communications, Rotary Club of Montreal.

{ Fulfilling lives }

Governance

The Governance Committee, composed of volunteers from the Board of Directors, put a great deal of effort into reviewing the General By-laws of the Y and the roles and responsibilities of the member-partners. After having recommended the implementation of a recruitment plan, the YMCA significantly increased the number if its member-partners.

Concrete actions taken by Human Resources

Thanks to the Human Resources team, the centres had a number of resources at their disposal to help facilitate the work of employees and volunteers. A new time management and pay system helped simplify the work of the centres, while other resources helped improve decision-making during the hiring process. Various initiatives concerning competency development and succession planning were also implemented.

The YMCA is mindful of providing a safe work environment and interesting opportunities for personal and professional development. A 2007 survey showed an increase in overall employee satisfaction regarding working conditions and work environment, a sense of belonging to the organization, and faith in the organization's management.

The YMCAs of Québec: a management resource centre for YMCAs in Eastern Canada

For many years, The YMCAs of Québec has been offering its support and services to the 13 YMCAs and YMCA-YWCAs located in New Brunswick, Nova Scotia, Prince Edward Island, as well as Newfoundland and Labrador. In 2008, The YMCAs of Québec offered its expertise in major project development to eight YMCAs. Emphasis was placed on the training of employees and volunteers in Eastern Canada.

Donations and Volunteering

{ Fulfilling lives }

Strong Kids Campaign:
Thank you, thank you, thank you!

Through its initiatives, The YMCAs of Québec impacts the lives of some 100,000 individuals every year. By collecting $289,107, the 2008 Community Support Campaign helped improve the quality of life of thousands of children, teens, families, and seniors.

The YMCA Residence and International Language School launched their first independent fundraising campaigns. The funds raised for the Residence were used to support integration programs for children and teens. Donations made to the Language School allowed three youths from disadvantaged socio-economic backgrounds to benefit from a three-week stay at the summer language day camp.

Camp YMCA Kanawana: Objectives all but met

In December, $1.48 million was collected for this unprecedented environmental development project. The results encourage us to continue our efforts and collect the remaining $3.5 million to turn this dream into reality. Camp YMCA Kanawana will become a model ecological institution and will help raise the awareness of its young campers.

The nature of the project and the quality of the camp's programming explain in part the significant increase in camper registration, which rose from 80% capacity in 2007, to 91% in 2008.

NAYDO: A huge success

More than a thousand YMCA professionals from North America and around the world gathered at the NAYDO conference, held in Montréal between April 9-12, 2008, to talk about philanthropy and discuss ways in which it can be further promoted. The NAYDO conference strengthens YMCA values by lending support to professionals and volunteers in their philanthropic work through training, education, awareness, research, and knowledge sharing.

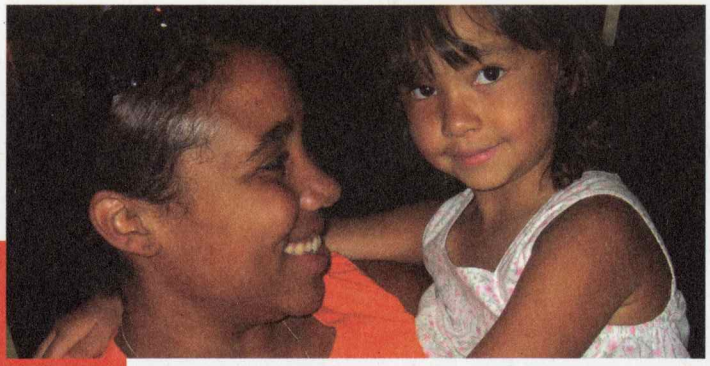
Golf for a good cause

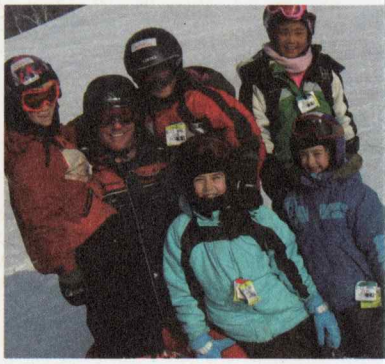
The threatening weather did not discourage the hundreds of golfers gathered at the Pinegrove Country Club for the 23rd edition of The YMCAs of Québec Foundation's Golf Tournament. Every year, golf enthusiasts enjoy themselves while supporting The YMCAs of Québec youth programs. Many thanks to the volunteers who lent a helping hand to the Foundation, and to our sponsors: GOLD, Services d'entretien Solmex; SILVER, SNC-Lavalin; BRONZE, Morin Relations publiques, CB Richard Ellis Québec Ltée, and Servicorp Industrial Supplies.

Adopt-A-School: Desjardins Assets Management and its partners still involved

The 218 students from Marguerite-Bourgeoys school in the Centre-Sud district can now benefit from the first resource centre for mathematics, science, and technology in Montréal. The resource centre, which came at a cost of $54,000, is equipped with a wide range of state-of-the-art equipment. It is designed to encourage students to experiment and broaden their horizons by participating in learning activities as well as to stimulate their creativity and interest in mathematics, science, and technology.

The Adopt-a-School program was launched in 2006 thanks to a partnership between Desjardins Assets Management and The YMCAs of Québec in an effort to promote equal opportunity. Managed by the Guy-Favreau Y centre, it offers financial support to primary schools in disadvantaged neighbourhoods. To date, Desjardins Assets Management and its partners have adopted three schools from the Centre-Sud district and will have invested more than $800,000 over five years.





The YMCA Foundation Endowment Fund
Making eyes light up

Giving always comes from the heart and is inspired by the hope for a better and more just world.

These generous gifts, from all corners of the province, ensure the sustainability of community initiatives and programs of The YMCAs of Québec - programs that have a ripple effect and allow new ones to be supported.

On December 31st 2008, the value of the Endowment Fund stood at $4.675 million. This allowed the distribution of $207,380, of which $95,370 was allocated to various projects selected by the donors, such as Homework Help at the Pointe-Saint-Charles Y centre, support for the academic success of students aged 6 to 12, international programs, camper funds, and the development of Camp YMCA Kanawana.

The Endowment Fund Committee also chose to allocate $88,635 to support the following projects:

Winter Camping — **Downtown Y centre**
Youth Zone participants were introduced to winter sports and learned about ecological living.

Covered Garden — **Downtown Y centre**
Hiring of an animator for children aged 0 to 5.

Senior Contact — **Guy-Favreau Y centre**
Social inclusion program for seniors in the Centre-Sud district of Montréal.

Health Through Sport — **Du Parc Y centre**
Program helping youth develop respect and a positive attitude through soccer and Taekwondo.

Educational and Cultural Project — **Du Parc Y centre**
Program aimed at having youth participate in leadership activities, cooking classes, and dance.

Youth Zones — **All centres**
Equipment and activities for these sites, where teens aged 12 to 17 can meet and talk.

Taking care of our volunteers

Our volunteers are important. They enrich the lives of the Y and of the thousands of individuals they work with. Without them, many activities could not be offered. In order to strengthen employee-volunteer partnerships, a volunteer development plan was created and will be implemented over the next two years.

Community Initiatives

Du Parc and Hochelaga-Maisonneuve Y centres: *Repères and Projet répit*; don't give up!

The Y has set up two parallel initiatives to help teens who are having serious difficulties adapting to or fitting into their school environment. The Repères and Projet répit programs have provided forty youths with personalized academic support. Alternating between schoolwork, leisure and sports, and moments of reflection, these two programs are effective in reducing the number of school dropouts and in helping improve the self-esteem of teens.

Guy-Favreau Y centre: Senior Contact flies solo

The Guy-Favreau Y centre assigned the responsibility for Senior Contact, an intervention program for seniors in the Centre-Sud district who are at risk of isolation, to the community. The program, which reaches 2000 seniors on a regular basis, is now being run by the Place Vermeil community centre. This much-needed program is jointly financed by The YMCAs of Québec Foundation and the Government of Canada.

Hochelaga-Maisonneuve Y centre: Social participation program

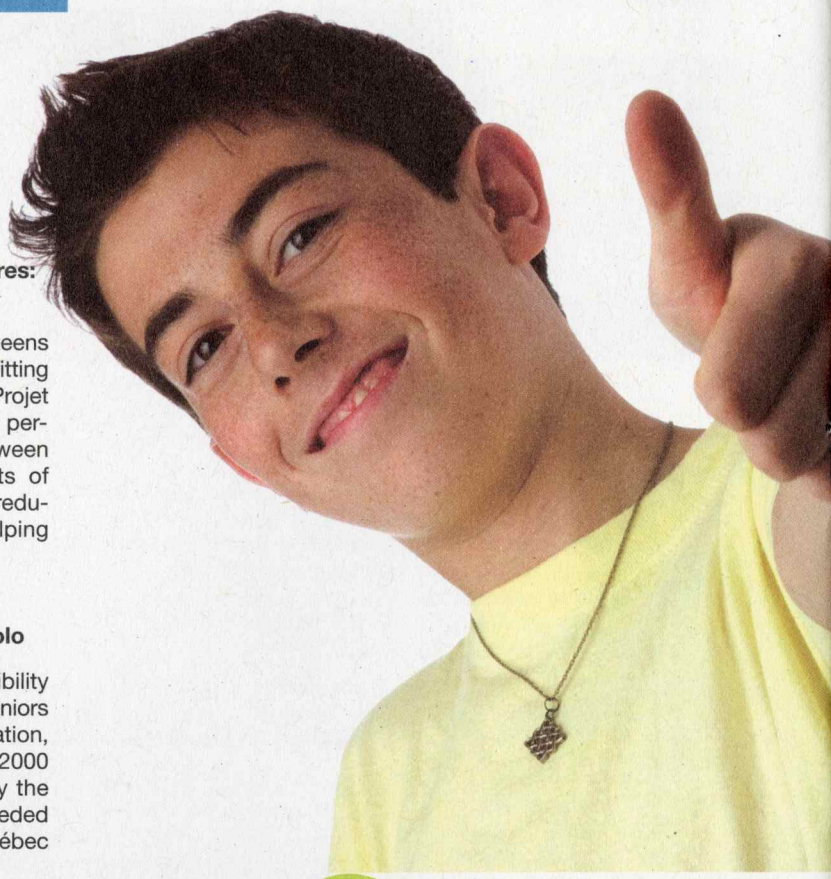
The Hochelaga-Maisonneuve Y centre's social participation program is a one-of-a-kind project in Montréal. By pairing volunteers with intellectually disabled individuals, the program encourages the latter to participate in the activities of the centre, establish ties with the community, and develop greater autonomy.

YMCA Residence for new arrivals: 50¢ meals for three schools

The food services program of the Residence of The YMCAs of Québec has partnered with community organization *La Relance Jeunes et Familles* to ensure that 100 healthy meals are prepared and served every day to children in three disadvantaged schools in the Centre-Sud district. The financial contribution of families is set at only 50¢ per meal.

YMCA Residence for new arrivals: A drop-in childcare service

Since the Residence of The YMCAs of Québec mainly welcomes families, it makes perfect sense for it to have a drop-in daycare service. In its first year, the Covered Garden welcomed 468 children under the age of 5. The service is crucial for asylum-seekers as it frees up some of their time, allowing them to get their affairs in order or participate in integration workshops.



Children and Youth

60th anniversary: The Notre-Dame-de-Grâce Y centre's nursery school flourishes

Even after 60 years of existence, the Y's creative nursery school program continues to prosper in Notre-Dame-de-Grâce. Its success can be attributed to the ongoing support of families and to its unique framework. Happy anniversary and long live the nursery school!

The Amazing Y Race for leadership development

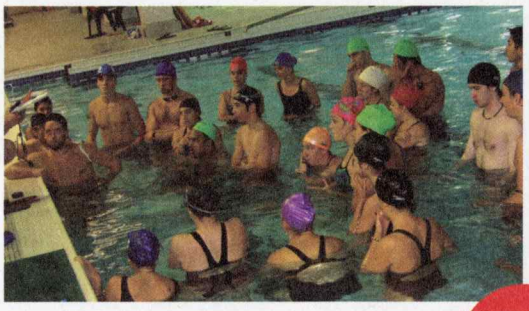
Seven teams, each composed of six young leaders and a youth worker from a Y centre, showed remarkable skill and speed during the first ever Amazing Y Race. The teams showed their leadership and teamwork skills in a challenging obstacle course. The Downtown Y centre team won this first edition and the race trophy is now proudly on display in the centre's Youth Zone.

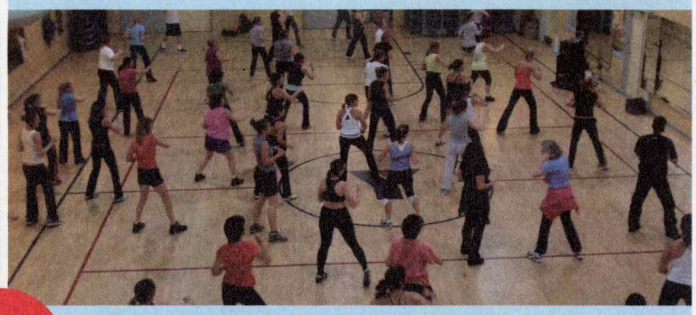
Summer Work - Student Exchange

More than 300 students aged 16 and 17 from all over Québec participated in the 6-week Summer Work - Student Exchange program, where they had the opportunity to do paid work in another Canadian province. The students were welcomed by families from elsewhere in Canada and vice-versa. It was an incredible opportunity to improve their second language, discover a new part of the country, and learn a new culture.

Saint-Laurent Y centre: A new Youth Zone

Teens at the Saint-Laurent Y centre now have their own Youth Zone, where they can participate in structured or free-time activities in a safe environment. Forty teens participate in the Zone on a regular basis.





Health, Fitness and Recreation

Family membership: A success!

In 2008, all Y centres offered a family membership. This membership gives members and their families access to a full range of recreational programming at a discounted rate. As a result, parent-child activities and child-only activities have seen a significant increase. The YMCA can boast helping parents take a break, while allowing them to adopt a healthy family lifestyle. Furthermore, in eight of the nine Y centres, families have access to new locker rooms specifically equipped to meet their needs. The gymnasiums are now equipped with dividing curtains that allow the increased use of the fitness facilities and a greater variety of programming.

Member relations: Always looking to improve our service!

In an effort to provide our members with the best possible service, the coordinators of the Downtown Y centre's instructor-led classes organized two four-hour interactive training sessions on member relations. The positive feedback has encouraged us to renew this initiative in 2009.

Physical fitness: Our facilities are worth their weight

In 2008, to keep up with the latest in physical fitness trends and technology, the YMCA continued to update its cardiovascular and weight-training equipment. Our goal: to offer equipment that is ever more accessible, safe, reliable, effective, and invigorating.

New health program for our members

The YMCAs of Québec is conducting a study to assess the feasibility of implementing a new health program for the members of its fitness centres. This program would help members achieve their goals while significantly reducing their risk of quitting. Results from this study will be presented in the spring of 2009.

A celebration for the West Island Y centre's 20 years

Last June, approximately 100 individuals, employees, volunteers, members, and residents celebrated the 20th anniversary of the West Island Y centre. An open house and a reception marked this occasion, which allowed all these wonderful people to gather and share their memories or talk about future community projects. What a great day!

Du Parc Y centre: Opening of a new daycare

The Du Parc Y - Ubisoft daycare provides services to both Ubisoft employees and the community at large. Born of a partnership between Ubisoft and The YMCAs of Québec, the subsidized daycare offers 80 spots at a reduced rate that are in addition to the hundreds of other spots offered in our other daycares.

A YMCA day camp in Québec City: A first!

Approximately fifty youths from the Saint-Roch district (borough of la Cité) inaugurated the first YMCA summer day camp in Québec City. This successful initiative, created in partnership with the Ville de Québec, will be taken up again in 2009.

Hochelaga-Maisonneuve Y centre: An innovative partnership with the Botanical Garden

For the first time, youth aged 6 to 14 from the Hochelaga-Maisonneuve Y centre had the opportunity to become budding horticulturists thanks to the help of Botanical Garden employees. Eight small garden plots were set aside for participants in the Montreal Botanical Garden's Youth Garden program.

Tandem Sud-Ouest in the primary schools: For well-informed youth

Through the school component of its Projet jeune, Tandem Sud-Ouest raised the awareness of 1,418 students in the four Pointe-Saint-Charles and Little Burgundy primary schools in regards to street safety, emergency services, bullying, peaceful conflict resolution, and the potential dangers of the internet. No less than 80 presentations were offered to students in pre-kindergarten through grade 6. Tandem Sud-Ouest is a City of Montréal program managed by the Pointe-Saint-Charles Y centre.

Education and Training

YMCA International Language School: Panama exchange

2008 was a busy year for the International Language School. Judging by the experience of a group of Panamanians who came to perfect their teaching methods, the apprenticeship program designed by our pedagogical team for teachers of English as a Second Language (ESL) it was a great success. The three ESL teachers all had a wonderful experience. Other countries have started to express an interest...

In addition, the number of registrations for both the day and night classes at the Language School increased significantly in 2008, with French classes being the most popular.

You Can Go: A program that can take you places

Since March 2008, The YMCAs of Québec has followed the lead of many other YMCAs and organizations from coast to coast and joined the Canadian Post-Secondary Access Partnership. "You Can Go" targets groups that traditionally do not pursue post-secondary studies. It demystifies various aspects of post-secondary education and offers personalized support in the selection of a program of study and in obtaining financial aid.

FIT: Fitness Instructor Training

Centralizing the Fitness Instructor Training program is part of the Y's new strategy to continuously improve service delivery and attract new clients. The YMCAs of Québec wishes to integrate new training and offer its classes in schools and other establishments.

International Women's Day: Gender and Development

During International Women's Day on March 8, 2008, 30 individuals from the Y received training in how to integrate the "Gender and Development" approach in the workplace. The "GAD" approach aims to increase the participation of women in the decision-making process and encourages them to participate in the development of their community. Furthermore, nearly 400 women from all walks of life participated in the open house events offered by our fitness centres.

International Initiatives

Americas Social Forum: 50 participants headed to Guatemala

The 2008 ASF, a pilot project created in partnership with UQÀM and The YMCAs of Québec, aimed to get approximately fifty students and representatives of civil society interested in philanthropy - particularly in the work being done with youth living in disadvantaged communities. The forum was held in Guatemala in October 2008.

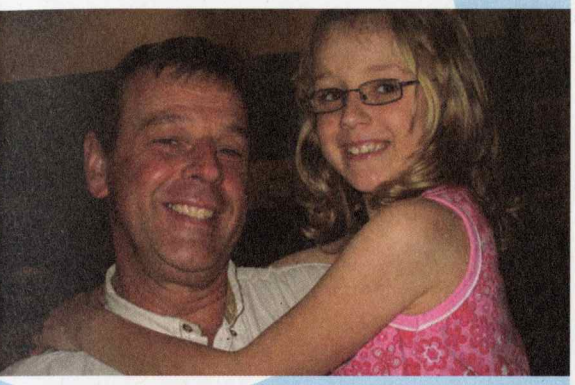
The project was carried out in three phases, during which our delegates facilitated workshops and participated in a panel on violence. This successful event encouraged many of the group's participants to become volunteers for The YMCAs of Québec!

Food sovereignty: A right for all

During the *Journées québécoises de la Solidarité internationale*, The YMCAs of Québec and Entraide Missionnaire, in partnership with the Collectif Educ-Action, presented a workshop at UQÀM on the impact of food sovereignty patents. The lecturers showed the pitfalls of a free-trade agreement with Colombia that does not take into consideration either the Canadian parliamentry reports on that country's situation, nor the warnings of Canadian and Colombian human rights organizations.

Social Audit

Through its programs and activities, The YMCAs of Québec reached 100,000 people. This social audit is made possible through the exceptional dedication of our 1,200 volunteers and our staff of 1,280.



You and me against HIV/AIDS

During World AIDS Day, The YMCAs of Québec and UNICEF jointly organized a youth forum to talk about this issue. More than 60 youths aged 12 to 17 took part in the event. By day's end, the young participants had drafted a declaration for the fight against AIDS. Called "Il faut croire que l'on peut faire la difference", this declaration outlines the youths' commitment and their recommendations for teens, adults, schools, and governments. The day after the rally, a picture of the youths forming a vast human ribbon of solidarity made the front page of a Montréal daily.

Delegates from the Westmount and Hochelaga-Maisonneuve Y centres visit the Nicaragua ACJ: An unforgettable experience

Eight young leaders from the Westmount and Hochelaga-Maisonneuve Y centres participated in a two-week exchange program with their partners from the Nicaragua YMCA. Activities and workshops focused on water waste, the environment, poverty, and the rights of children. The youths stayed with families in Managua and in the rural communities of Boaco and Santa Lucia. This visit had a tremendous impact on our delegates, who were experiencing Nicaraguan cultures for the first time.

PROGRAMS	PERSONS
After-school and Homework Help programs	935
Alternative Suspension and stay-in-school programs	787
Community support	1,696
Food services programs	613
Compensatory work - Adult offenders	5,520
CPR and First Aid courses	707
Day camps	2,178
Éco-quartier	710
Employability training and development for adults and youths	956
Family programs	1,797
First Stop prevention program	427
Fitness instructor training	1,387
Health and fitness activities (memberships)	32,189
Hockey arena rental	2,492
IMPACT program for young offenders	1,460
International Language School	4,436
International partnerships	4,550
Leadership programs	296
Leisure activities for people with disabilities	301
Lifeguard certification	476
Meeting rooms for community groups	8,900
Pedagogical day program	323
Preschool and daycare programs	972
Prevention in schools and on the street	1,577
Programs for ex-offenders	2,180
Programs for people who are isolated, underprivileged or homeless	213
Programs for refugees and immigrants	6,096
Programs for seniors	2,880
Residential camp - YMCA Kanawana	1,091
Ski and snowboarding school	252
Swimming lessons	5,449
Tandem Montreal - Security and neighbourhood relations	3,353
YMCA Youth Exchanges Canada	846
You Can Go (Canadian Post-Secondary Access Partnership)	271
Youth Zones	1,640
TOTAL	**99,956**

Access for All Policy: A Y for Everyone

For many years now, The YMCAs of Québec has implemented a flexible pricing system adapted to the income of its participants. Thanks to the Access for All policy, everyone can equally and fully benefit from the numerous programs and activities offered at their Y centre! In 2008, 4,774 individuals received a total of $697,350 in financial assistance from the YMCA in order to participate in our programs.

Innovation, Research and Development Fund: Concrete Results for the Community

Created in 2003-2004 and financed entirely by The YMCAs of Québec, this fund aims to support new community initiatives. With $69,170 at its disposal this year, the fund helped projects that, among others, developed a day centre for seniors at the Downtown Y centre, developed an educational kit for the outdoor education program at Camp YMCA Kanawana, and established a C-Vert program at the Hochelaga-Maisonneuve Y centre.

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Harvey, Dominique Ms. (**)
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Lamy, François
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Raswork, Ezana
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Sauriol, Caroline (*)
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Staco, Édouard
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President and CEO

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Lachance, Clermont

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Plamondon, Anne
Plotkin, Cecilia

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O'Donnell, Shawn
O'Neill, David
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West Island Y centre

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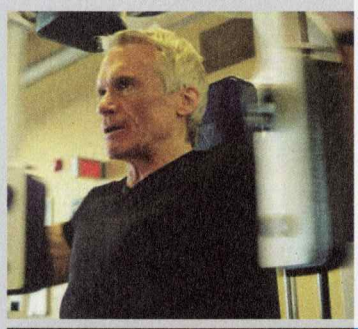
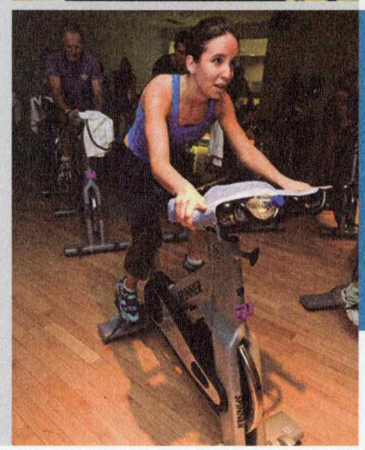
Vaillancourt, Stéphane
President and CEO

White, Gary
Director
Westmount Y centre

(*) Executive Committee members
(**) Resignation during term of office





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Jacques, Serge A.
Lemay, Claude
O'Brien, Philip
Rolland, Lucien G.
Turner Jr., William I.M.

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Thomson, Harvey
Turcotte, Michael L.
Webster, Judith

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Mancini, Philip C.

Sacco, Carmine
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(*) Executive Committee of the Foundation
(**) Resignation during term of office

THE YMCAs OF QUÉBEC

Statement of operations

year ended December 31, 2008

	2008 $	2007 $
REVENUE		
Program activities	**21,506,739**	20,360,074
Government - fees for services	**6,712,091**	5,802,950
Institutional services	**5,219,821**	4,770,134
Rent	**2,295,551**	2,166,428
Centraide of Greater Montreal - community services	**1,513,668**	1,472,571
Amortization of deferred contributions related to capital assets	**846,833**	835,312
Donations of The YMCAs of Québec Foundation	**163,435**	435,966
Gain on disposal of capital assets	**19,449**	-
Other revenue	**117,358**	160,171
Total revenue	**38,394,945**	36,003,606
EXPENSES		
Salaries and social benefits	**21,472,882**	19,940,222
Repairs and replacements, maintenance supplies and service contracts	**3,249,673**	2,930,587
Program expenses	**2,751,190**	2,485,811
Heat and electricity	**1,402,951**	1,357,470
Office expenses	**825,363**	781,604
Advertising expenses	**948,330**	871,627
Rent	**914,625**	817,570
Professional fees	**1,160,001**	846,842
Employee development	**709,464**	716,459
Insurance and taxes	**561,375**	544,329
YMCA Canada fees and other dues	**384,362**	369,650
Interest on mortgage loan - Avenue du Parc and other financing costs	**375,944**	294,005
Other expenses	**403,940**	308,633
Bank charges	**374,345**	338,616
Contributions to the Foundation's operations	**252,196**	209,851
Bad debt	**110,139**	114,212
Amortization of capital assets	**2,869,276**	2,804,158
Total expenses	**38,766,056**	35,731,646
(Deficiency) excess of revenue over expenses	**(371,111)**	271,960

THE YMCAs OF QUÉBEC

Balance sheet

as at December 31, 2008

	2008 $	2007 $
ASSETS		
Current assets		
Cash and short-term investments	**4,157,671**	3,625,549
Accounts receivable	**2,343,246**	938,842
Grants receivable	**344,829**	324,087
Amount due from The YMCAs of Québec Foundation	**2,564,271**	2,518,194
Supplies and prepaid expenses	**408,413**	338,930
	9,818,430	7,745,602
Grants receivable	**757,276**	1,102,105
Capital assets	**30,209,759**	30,990,142
	40,785,465	39,837,849
LIABILITIES		
Current liabilities		
Accounts payable and accrued liabilities	**6,134,898**	3,081,660
Deferred restricted revenue related to program activities	**783,160**	849,146
Deferred revenue - other	**1,793,802**	1,856,012
Current portion of long-term debt	**4,772,364**	2,827,114
Current portion of obligations under capital leases	**2,591**	2,368
	13,486,815	8,616,300
Deferred contributions related to capital assets	**15,019,743**	13,796,576
Long-term debt	**773,509**	5,545,873
Obligations under capital leases	**8,167**	10,758
	29,288,234	27,969,507
NET ASSETS		
Invested in capital assets	**10,735,490**	10,233,645
Internally restricted	**1,200,000**	1,200,000
Unrestricted	**(438,259)**	434,697
	11,497,231	11,868,342
	40,785,465	39,837,849

Approved by the Board

Director

Director

THE YMCAs OF QUÉBEC FOUNDATION

Statement of operations and changes in fund balances

Year ended December 31, 2008

	General Fund	Endowment Fund	Total 2008	Total 2007
	$	$	$	$
REVENUE				
Annual campaign	-	-	-	265,049
Special events	-	-	-	111,740
Fund raising campaign	400,000	-	400,000	165,000
	400,000	-	400,000	541,789
Investment (loss) income	(633,136)	-	(633,136)	174,137
(Loss) revenue before donations and expenses	(233,136)	-	(233,136)	715,926
Less donations to The YMCAs of Québec				
Fund raising campaign	400,000	-	400,000	165,000
Community programs	-	-	-	499,839
International programs	-	-	-	31,777
	400,000	-	400,000	696,616
(Loss) revenue before expenses	(633,136)	-	(633,136)	19,310
Expenses				
General administration				
Salaries and employee benefits	206,221	-	206,221	179,092
Office expenses	18,243	-	18,243	10,642
Professional fees	18,646	-	18,646	14,229
Advertising	9,243	-	9,243	1,580
Development of personnel	10,828	-	10,828	10,222
Insurance	6,535	-	6,535	6,794
Contributions	5,415	-	5,415	5,453
	275,131	-	275,131	228,012
Contribution from The YMCAs of Québec to the operations of the Foundation	(252,196)	-	(252,196)	(209,269)
Contribution from the endowment fund to the administration fees	(26,359)	-	(26,359)	(33,929)
	(3,424)	-	(3,424)	(15,186)
Fund raising campaign	136	-	136	2,013
Special events	-	-	-	37,378
	136	-	136	39,391
Endowment fund				
Office expenses and special event	12,978	-	12,978	13,795
	9,690	-	9,690	38,000
Deficiency of revenue over expenses	(642,826)	-	(642,826)	(18,690)
Fund balances, beginning of year	568,159	4,261,651	4,829,810	4,163,931
Change in accounting policy	-	-	-	632,759
Interfund transfer	970	(970)	-	-
Contributions received as endowments	-	72,652	72,652	51,810
Fund balances, end of year	(73,697)	4,333,333	4,259,636	4,829,810

Balance sheet

As at December 31, 2008

	General Fund		Endowment Fund		Total	
	2008	2007	**2008**	2007	**2008**	2007
	$	$	**$**	$	**$**	$
ASSETS						
Current assets						
Cash and short-term investments	**2,622,690**	2,667,072	**63,370**	401	**2,686,060**	2,667,473
Short-term deposits	**607,879**	296,903	**-**	-	**607,879**	296,903
Accounts receivable and prepaid expenses	**6,600**	6,040	**-**	-	**6,600**	6,040
Due from General Fund (2007 - Endowment Fund)	**-***	407,527*	**201,280***	-	**-**	-
	3,237,169	3,377,542	**264,650**	401	**3,300,539**	2,970,416
Investments	**-**	-	**4,080,269**	4,674,753	**4,080,269**	4,674,753
	3,237,169	3,377,542	**4,344,919**	4,675,154	**7,380,808**	7,645,169
LIABILITIES						
Current liabilities						
Due to The YMCAs of Québec	**2,564,271**	2,518,237	**-**	-	**2,564,271**	2,518,237
Deferred fund raising campaign contributions	**228,496**	291,146	**-**	-	**228,496**	291,146
Other deferred revenue	**316,819**	-	**11,586**	5,976	**328,405**	5,976
Due to Endowment Fund (2007 - General Fund)	**201,280***	-	**-**	407,527*	**-**	-
	3,310,866	2,809,383	**11,586**	413,503	**3,121,172**	2,815,359
FUND BALANCES						
Externally restricted	**-**	-	**2,450,533**	2,377,881	**2,450,533**	2,377,881
Internally restricted	**-**	-	**1,882,800**	1,883,770	**1,882,800**	1,883,770
Unrestricted (deficit)	**(73,697)**	568,159	**-**	-	**(73,697)**	568,159
	(73,697)	568,159	**4,333,333**	4,261,651	**4,259,636**	4,829,810
	3,237,169	3,377,542	**4,344,919**	4,675,154	**7,380,808**	7,645,169

* These amounts are not presented in the "Total" column of the balance sheet since they offset each other.

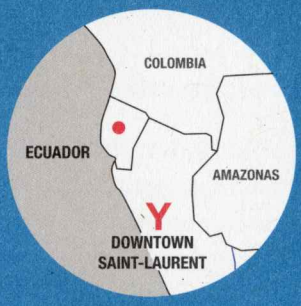
Approved by the Board

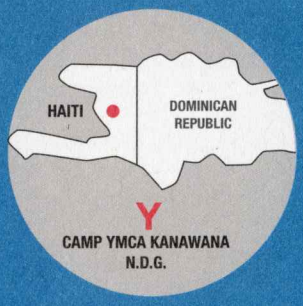
Director

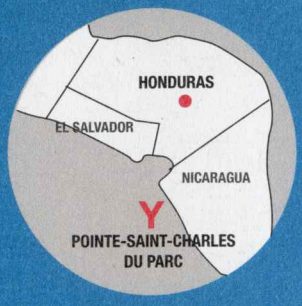
Director

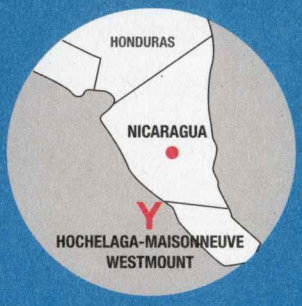
CARTIERVILLE
WEST ISLAND
SAINT-LAURENT
DU PARC
HOCHELAGA-MAISONNEUVE
GUY-FAVREAU
DOWNTOWN INT'L LANGUAGE SCHOOL
WESTMOUNT
N.D.G
RESIDENCE
POINTE-SAINT-CHARLES
JOLIETTE
CAMP KANAWANA
SAINT-SAUVEUR
REPENTIGNY
QUÉBEC
MONTREAL
LONGUEUIL
ONTARIO
SALABERRY-DE-VALLEYFIELD

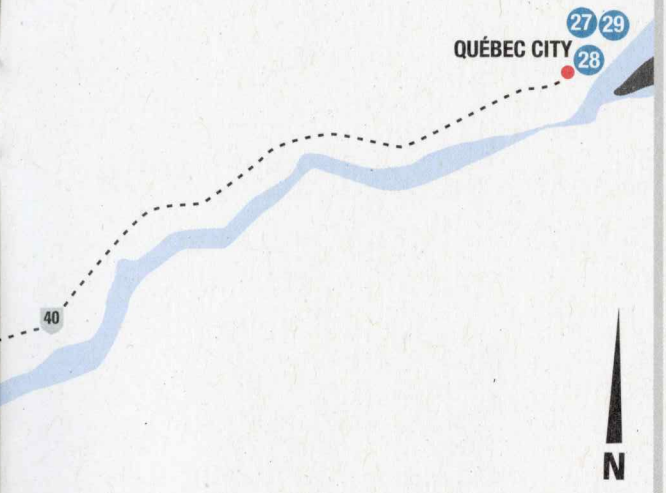
INTERNATIONAL PARTNERSHIPS

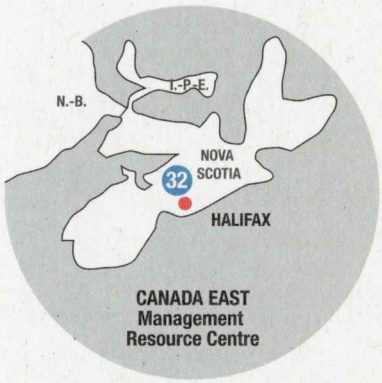


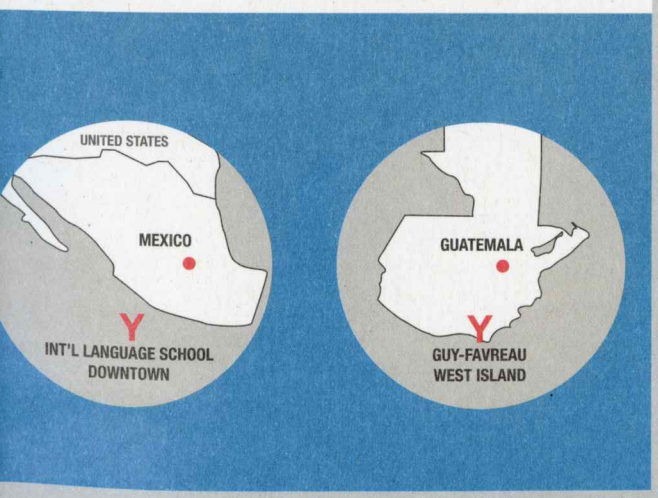












THE YMCAs OF QUÉBEC OUTREACH

ISLAND OF MONTRÉAL

CARTIERVILLE Y (opening 2010) 11885 Laurentien Blvd.

DOWNTOWN Y 1440 Stanley Street Peel **514.849.8393**

1. **First Stop:** Central Bus Station Berri-UQAM
2. **CJLE and SAE:** Montréal Detention Centre, Gouin Blvd. East Henri-Bourassa
3. **CJLE:** Rivière-des-Praries Detention Centre, Armand-Chaput Ave. Radisson
4. **Day Camp at Collège de Montréal:** 1931 Sherbrooke Street West Guy-Concordia

DU PARC Y 5550 Park Ave. Place-des-Arts or Parc **514.271.9622**

5. **3D Café:** École Saint-Louis, 38 Fairmount Street East Laurier
6. **Âme-art-Mile End Artists' Co-op:** 5345 Park Ave. Place-des-Arts or Parc
7. **Du Parc Y centre and Du Parc Y-Ubisoft daycares:** 160 Saint-Viateur Street East, 4th floor, suite 411 & 421
   Alternative Suspension:
   Du Parc Y: 5550 Park Ave. Place-des-Arts or Parc **514.271.9622, ext. 207**
   Hochelaga-Maisonneuve Y: 4567 Hochelaga Street Viau **514.255.4651**
8. **Verdun:** 4609 de Verdun Street Verdun
9. **Saint-Laurent:** Centre Accroche, 1775 Edouard-Laurin Blvd. Côte-Vertu
10. **Pointe-aux-Trembles:** Corporation Mainbourg, 14115 Prince-Arthur Street, local 455
11. **Saint-Léonard:** Maison des jeunes Le Zénith, 5676 Jarry Street East, Saint-Léonard

GUY-FAVREAU Y 200 René-Lévesque Blvd. West Place-des-Arts **514.845.4277**

12. **École Champlain:** 2260 Logan Street Papineau
13. **École Marguerite-Bourgeois:** 2070 Plessis Street Papineau
14. **École Jean-Baptiste-Meilleur:** 2237 Fullum Street Frontenac

HOCHELAGA-MAISONNEUVE Y 4567Hochelaga Street Viau **514.255.4651**

15. **École Marguerite-De Lajemmerais:** 5555 Sherbrooke Street East Assomption
16. **École Chomedey-De Maisonneuve:** 1860 Morgan Ave. Pie-IX

NOTRE-DAME-DE-GRÂCE Y 4335 Hampton Ave. Villa-Maria **514.486.7315**

POINTE-SAINT-CHARLES Y 255 Ash Ave. Charlevoix **514.935.4711**

17. **St. Gabriel Elementary School:** 600 Dublin Street Charlevoix
18. **École Charles-Lemoyne:** 2001 Mullins Street
19. **École de la Petite-Bourgogne:** 555 des Seigneurs Street
20. **Logifem:** 2235 Saint-Jacques Street
21. **Westmount Park Elementary School:** 15 Park Place Atwater
22. **École Jeanne-Le-Ber:** 2120 Favard Street Charlevoix

SAINT-LAURENT Y 1745 Décarie Blvd. Côte-Vertu **514.747.9801**

23. **Toy-Lending Library:** 1415 Filion Street Côte-Vertu

WEST ISLAND Y 230 Brunswick Blvd., Pointe-Claire **514.630.9622**

WESTMOUNT Y 4585 Sherbrooke Street West Vendôme **514.931.8046**

21. **Westmount Park Elementary School:** 15 Park Place Atwater
24. **Roslyn School:** 4699 Westmount Ave. Vendôme

CAMP YMCA KANAWANA 673 Saint-Elmire Street, Saint-Sauveur-des-Monts
Administration: 1435 Drummond Street, 4th floor Peel **514.849.5331**

YMCA RESIDENCE 4039 Tupper Street Atwater **514.932.5353**

YMCA INTERNATIONAL LANGUAGE SCHOOL **514.849.8393, ext. 709**
1440 Stanley Street, 5th floor Peel

JOLIETTE **450.755.2226**

25. **Alternative Suspension:** Carrefour jeunesse-emploi d'Autray-Joliette (Program Host), 580 Richard Street

LONGUEUIL **514.236.9509**

26. **Alternative Suspension:** La maison de Jonathan Inc. (Program Host), 347 Saint-Charles Street

QUÉBEC CITY **418.525.9622**

27. **Federal Public Sector Youth Internship Program / Quebec Compensatory Work Program:** 275 du Parvis Street, Suite 206B
28. **Day Camp - Saint-Roch:** 275 du Parvis Street, Suite 206B **1 866 525.9622, ext. 226**
29. **Alternative Suspension:** Carrefour jeunesse-emploi de la Capitale, 265A de la Couronne Street **418.524.8359**

REPENTIGNY (September 2009) **450.581.3785**

30. **Alternative Suspension:** Carrefour jeunesse-emploi de L'Assomption (Program Host), 10 Notre-Dame Street, 3rd Floor

SALABERRY-DE-VALLEYFIELD **450.373.6788**

31. **Alternative Suspension:** Maison de la Jeunesse 12-17 de Valleyfield (Program Host), 185 Alphonse-Desjardins Street

HALIFAX **1 800 565.2825**

32. **Canada East Management Resource Centre:** 1565 South Park Street

Fulfilling lives

THE YMCAs
OF QUÉBEC
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